



Barbara Franklin's 50th birthday was in her rearview mirror—along with her second marriage— when she decided it was time to make some changes. "I wanted to feel better about myself," said Franklin, a Washington, D.C.-based attorney for the Federal Government. She decided to visit the office of Dr. Marilyn Berzin and Dr. Dale Isaacson (www.dcdermdocs.com), two of the Washington's leading dermatologists who are renowned for their expertise in non-surgical makeovers. "We decided to go with a combination approach," explained Dr. Isaacson, "We (decided to) use Fraxel to remove wrinkles and sunspots, and Thermage to tighten the loose skin on and around her face.

This type of multiple approach spotlights one of the latest and most effective makeover trends to date. In most cases, patients can leave the doctors' office and return to work or to their families without any one the wiser. Fraxel is a laser treatment that targets small areas of skin. It stimulates tissue to regenerate, resulting in a fresher look by reducing finer lines, wrinkles and sun damage. Improvements can be immediate, but it usually takes up to five treatments—with two-to-three week

Rejuvenate

by Marc Silverstein

intervals— to see a significant and lasting difference. Thermage uses a radio frequency to regenerate the body's natural collagen, which in turn tightens skin, smoothes wrinkles, and renews facial contours. It's incision-free and usually takes about 90 minutes during an office visit. Results are gradual but significant. Drs. Isaacson and Berzin also use Thermage to tighten skin on other parts of the body, including the stomach, thighs and arms. "A lot of new mommies are coming in because they can't get that tightness back in their stomach after their pregnancies," said Dr. Berzin. "With Thermage, we can help them return to that six-pack ab look." Fraxel is having great success on patients' hands. "Many of our patients say their hands are giving away their age," said Dr. Isaacson. "With Fraxel, we can tighten up the skin and get rid of age spots." For Barbara, the dramatic results have been exactly what she intended. "I feel more confident with less makeup," she proclaimed. "I'm told almost weekly that I have fabulous skin."